Zambia - The 2009 Food consumption and Vitamin A status survey in Zambia

Alliance of Bioversity International and the International Center for Tropical Agriculture (CIAT) and International Food Policy Research Institute (IFPRI), HarvestPlus

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Identification

SURVEY ID NUMBER
ZMB_2009_FCVASS_v01_M_v01_A_ESS

TITLE
The 2009 Food consumption and Vitamin A status survey in Zambia

ABBREVIATION OR ACRONYM
FCVASS ZMB 2009

COUNTRY

Name	Country code
Zambia	ZMB

STUDY TYPE
Individual Food Consumption/Dietary Survey [hh/ifcs]

ABSTRACT
Reliable estimates of population vitamin A status and dietary intake patterns are critical for designing appropriate interventions to correct dietary deficiencies. The fortification of select food products with vitamin A (i.e., margarine, sugar) has already been implemented in Zambia, while the fortification of maize flour and the biofortification of maize or other staple food crops with vitamin A and other micronutrients are being considered as additional strategies. The potential for these strategies to improve vitamin A intakes will partly depend on access to and consumption of these products by those at greatest risk of deficiency. These factors also require quantification.

HarvestPlus in collaboration with the National Food and Nutrition Commission (Lusaka, Zambia) and the Tropical Diseases Research Centre (Ndola, Zambia) undertook a comprehensive background nutritional survey in rural Zambia to provide information on the potential impact of provitamin A biofortified maize.

The main goal of this survey was to obtain adequate background nutritional information among preschool children in Zambia; in order to assess the potential impact of food-based interventions to improve vitamin A status, including provitamin A biofortified maize.

KIND OF DATA
Sample survey data [ssd]

UNIT OF ANALYSIS
Individuals

Scope

NOTES
The survey collected information on:
- SUBJECTS: information on the participants such as age, sex and geographical location.
- CONSUMPTION: information on all foods consumed by each participant in each survey day, including quantities and nutrient values.
The population groups covered in the survey were children 6-59 months old and women of reproductive age.

Coverage

GEOGRAPHIC COVERAGE
Sub-national coverage, only rural areas.

Producers and sponsors

PRIMARY INVESTIGATORS

Name
Alliance of Bioversity International and the International Center for Tropical Agriculture (CIAT) and International Food Policy Research Institute (IFPRI), HarvestPlus

PRODUCERS

Name
National Food and Nutrition Commission of Zambia
Tropical Diseases Research Centre (Zambia)

Sampling

SAMPLING PROCEDURE

Clusters were represented by standard enumeration areas (EAs) defined for the Population and Housing 2000 Census and were randomly selected from a list of all standard enumeration areas in the selected districts.

In each EA, households with a resident child 24-59 months of age and an adult female caregiver were identified, and a subset of these households was randomly selected to participate. If multiple eligible children resided in the household, one was randomly selected to participate. Severely malnourished (i.e. weight-for-age or weight-for-height Z-score, 23) or severely anaemic (Hb, 7.0 g/dl) children were excluded.

WEIGHTING

No survey weights were used in this survey.

Data collection

DATES OF DATA COLLECTION

Start	End
2009-05-01	2009-12-30

DATA COLLECTION MODE

Face-to-face [f2f]

DATA COLLECTION NOTES

Data collection was performed with quantitative individual interactive 24-hour recalls. Picture charts were used to help track foods consumed during the period of recall.

Dietary information was recorded on a 24-hr recall and recipe data collection form. Separate forms were used for each individual in the household (reference child, younger sibling and the caretaker). Interviews were conducted on weekend days and weekdays to take into account day-of-the week effects on dietary intakes. A repeat survey was conducted in the same households during the lean period to obtain information on the within-subject variation of nutrient intakes.

Dietary intake data were entered by trained staff members familiar with the 24-hour recall methodology into CSDietary, a software program designed by HarvestPlus and Serpro Inc. (Santiago, Chile) specifically for this purpose. The CSDietary program enables conversion of portion size data to gram weight equivalents and calculates energy and nutrient intake data for each food and ingredient consumed.

DATA COLLECTORS

Name	Affiliation

HarvestPlus	Alliance of Bioversity International and the International Center for Tropical Agriculture (CIAT) and International Food Policy Research Institute (IFPRI)
National Food and Nutrition Commission of Zambia	
Tropical Diseases Research Centre (Zambia)	

Access policy

CONTACTS

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CITATION REQUIREMENTS

Tropical Diseases Research Centre (TDRC: Ndola, Zambia); National Food and Nutrition Commission (NFNC: Lusaka, Zambia); HarvestPlus, International Food Policy Research Institute (IFPRI), Zambia, 2009, The 2009 Food consumption and Vitamin A status survey in Zambia

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Metadata production

DDI DOCUMENT ID

DDI_ZMB_2009_FCVASS_v01_M_v01_A_ESS_FAO

PRODUCERS

Name	Abbreviation	Affiliation	Role
Food and Nutrition Division	ESN	Food and Agriculture Organization of the United Nations	Metadata producer
Statistics Division	ESS	Food and Agriculture Organization of the United Nations	Metadata adapted for FAM

Data Dictionary

Data file	Cases	Variables